

STARTERS

BAO WOW \$9

(2) steamed buns with crispy chicken, gochujang bbq sauce, slaw



MUSHROOM EMPANADAS \$11

(3) mushroom stuffed empanadas with green chili salsa

MY LITTLE DUMPLING \$9

crispy gyoza with a shiitake mushroom & vegetable filling, served with sweet chili dipping sauce



ELOTE TAMALES \$9 GF

mash & sweet potato filling, sweet corn, salsa verde, parmesan cheese

HEARTY MINISTRONE SOUP \$6

italian vegetables & herbs with elbow macaroni

BUFFALO CAULIFLOWER WINGS \$11 GF *Delish*

spicy buffalo, bbq or lemon pepper cauliflower florets. served with ranch dressing

NACHOS VEGANO \$11 GF

organic blue corn tortilla chips, nacho sauce, sausage crumbles, pickled jalapenos, guacamole, pico de gallo

SAVE THE TUNA \$10

mango, red pepper, green onion, cucumber, avocado sushi with black forbidden rice

ENTREES

DOWNTOWN TONY \$14

roasted Portobello mushroom, caramelized onions, cheddar cheese, slaw, Sriracha aioli. served with fresh-cut fries

DANIEL NEGREANU \$14

meatball grinder topped with melted mozzarella & tomato sauce. served with fresh-cut fries

CHICKEN POT PIE GNOGCHI \$14

creamy wild mushroom sauce with diced chicken topped with pie crust crumbles

MAMA MIA \$14

organic spaghetti topped with meatballs, San Marzano tomato sauce & garlic bread

THE MAG DADDY BURGER \$15

topped with creamy mac-n-cheese, collard greens, bbq sauce, secret sauce & cole slaw. served with fresh-cut fries

EGGPLANT STACKS \$14 GF

layers of roasted eggplant, house made cashew ricotta, melted mozzarella, San Marzano tomato sauce

MUCHAS GRACIAS \$14 GF

cauliflower tortilla, sweet potato and black bean quesadilla topped with chipotle ranch & guacamole

CHICKY CHICKY BANG BANG \$15

nashville style chicken sandwich with slaw, ranch, bread & butter pickles. served with fresh-cut fries

TAGO TIME \$14

carolina bbq braised seitan, pickled red onions, blue cheese

VEGGIE CHANGA \$15

crispy burrito, filled with chicken peppers onions & rice

PIZZA

ALL PIZZAS MADE WITH NUMU MOZZARELLA

CIAO MARGARITA \$14

San Marzano tomatoes, grape tomatoes & fresh basil

MAG-N-CHEESE PIZZA \$14

creamy mac-n-cheese with chipotle ranch, blaze doritos

SPICY PICANTE PINEAPPLE \$14

fresh pineapple, jalapeños, Italian sausage crumble

GLUTEN-FREE CAULIFLOWER CRUST AVAILABLE +\$2

SUPER GREEN FOODS

JOHN SALLEY SUPER FOOD SALAD \$14 *Delish*

raw veggies, organic greens, hemp seeds, sunflower seeds, quinoa, oil-free dressing

THE TORRE WASHINGTON \$14

burrito bowl salad made with organic greens, black beans, guacamole, quinoa & blue corn tortilla chips

PAMELA ANDERSON RAW POWER TAGOS \$14 GF

nut meat made from walnuts, sunflower seeds & sun-dried tomatoes on a collard green leaf with raw veggies, avocado & oil-free green goddess dressing

CHICKEN CAESAR SALAD \$14

crispy chicken, romaine hearts, capers, croutons, Caesar dressing

SIDES

BLACK BEAN CHILI STUFFED SWEET POTATO \$8 GF

FRESH-CUT FRIES \$6 GF

topped with sea salt

WOK SAUTEED VEGETABLES \$7 GF



JOIN THE FOOD REVOLUTION

VEGENATION

We're stoked to cook gluten-free dishes for ya HOWEVERRR we are not a gluten-free restaurant and cross-contamination is possible.

GF = gluten-free N = contains nuts (for nut allergy questions, please ask your server!)

DRINKS

JOIN THE FOOD REVOLUTION

HOT TEA

JASMINE GUNPOWDER GREEN TEA \$4

ROSALIND CHAI BLEND \$4

COFFEE

FAIR TRADE ORGANIC PERU \$4

GOLD BREW COFFEE \$4

PERKY POTION \$7

super food coffee blend with jasmine green tea, cacao, hemp seeds and coconut oil, sweetened with agave nectar

LOCALLY SOURCED AT:
BLOOMIN' DESERT HERB FARM

LOCALLY SOURCED AT:
FRANKLY GOOD COFFEE

CHILLED REFRESHMENTS

MATCHA LAVENDER SWEET TEA \$6

topped with coconut whipped cream

CHIA SEED LEMONADE \$4

coconut water, chia seeds and agave nectar

DRAFT KOMBUCHA TEA \$7

ask about today's flavor!

JAMAICAN HIBISCUS PUNCH \$4

made with hibiscus and Jamaican spices, sweetened with agave nectar

ZEVIA NATURAL COLA \$4

MANGO GEYLON ICED TEA \$4

PELLEGRINO SPARKLING WATER \$4

SMOOTHIES

ORANGE BURST \$7

orange, carrot, ginger, turmeric, pineapple, orange juice

CHOCOLATE THUNDER \$7

cacao, peanut butter, chia seeds, coconut milk

GREEN MACHINE \$7

kale, parsley, cucumber, avocado, grapes, apple, coconut water

BERRY BLAST \$7

blueberry, strawberry, raspberry, mint, spinach, oat milk

WINE

SAUVIGNON BLANC \$9/29

astrolabe, marlborough

CHARDONNAY \$9/29

adelsheim, willamette valley

GARNACHA \$9/28

evodia, sierra santa cruz

GABERNET SAUVIGNON \$9/29

ballard lane, central coast

CHAMPAGNE \$8/24

francois montand, france

BEER

CRAFTHAUS BREWERY (SEASONAL FLAVORS) \$8

LOCAL SENSATION!

HEYYYYY! we're stoked to have you at our table. VegeNation is a community-based restaurant on a mission to lead a food revolution. Our passion is serving hungry changemakers daily. Our menu is plant-based because of the positive impact it makes on the planet, animals, health and local community. It's really cool what plants can do!

THANK YOU,
CHANGEMAKER!



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